



## Flexibility Challenge Bingo

**Objective:** To engage in more flexibility exercise for optimal health.

**Time Duration:** This is a four-week challenge, but can also be shortened.

**How to Play:** For every activity completed, cross it out on your Bingo card.

*Ready, Set, BINGO!*



## Flexibility Challenge Bingo

### Getting Started:

1. Decide what dates the Flexibility Challenge Bingo will run.
2. Establish a sign-up period (for example, 1 or 2 weeks) before the challenge start date.
3. Determine how participants' Bingo cards will be scored and how winners will be rewarded.

*Remember: Challenge rewards do not have to be tangible. Announcing the winners in an email, e-newsletter and/or flier are all great ways to give recognition!*

4. Announce the challenge to employees. (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period, contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions on how to play the challenge.
  - Details about how to submit Bingo cards for scoring and how winners will be rewarded.

*NOTE: Don't forget to BCC participants if contacting them via email.*

6. Print the BINGO card and distribute it to all participants.
7. Each week of the challenge, send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info, such as tips and tricks, inspirational quotes and/or participant photos.
8. As the four-week challenge comes to an end, send a reminder to participants to submit their Bingo cards for scoring and award those who got Bingo!

### Materials Needed:

- ☐ Sign-up sheet (optional)

*NOTE: Please do not collect any personal or private health information (i.e., weight, age).*

- ☐ Bingo cards
- ☐ Prizes (optional)

# Flexibility Challenge Bingo

## Weekly Reminders to Participants:

### **WEEK #1**

*It's kick-off week of Flexibility Challenge Bingo! Did you know that flexibility is one of the four types of exercise (along with strength, balance and endurance) that keep our bodies at their best?*

*Flexibility exercises stretch your muscles and can help your body stay flexible. These exercises may not improve your endurance or strength, but being flexible gives you more freedom of movement for other exercise, as well as for everyday activities (such as getting in and out of your car or climbing the stairs). It may also help you avoid discomfort when confined for a long period of time (like in a long meeting or on a flight).*

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### **WEEK #2**

*You've officially completed one week in Flexibility Challenge Bingo!*

*We recommend starting your second week by setting some intentions like making a [SMART goal](#), scheduling some time to stretch or finding a flexibility buddy to support you.*

*The best time to do flexibility exercises is when your muscles are already warm so they can stretch farther without tightness or pain. If you're doing only stretching exercises, warm up with a few minutes of easy walking first. If you're doing endurance or strength exercises, stretch after, not before.*

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# Flexibility Challenge Bingo

## Weekly Reminders to Participants (continued):

### **WEEK #3**

*You did it! You've made it halfway through Flexibility Challenge Bingo! Hopefully you're starting to feel the positive effects of flexibility exercises.*

*Just remember, always stretch slowly and smoothly into the desired position, as far as is comfortable for you without pain. Don't worry about how far the person next to you at the gym can stretch. Do what is comfortable for you. If you're not used to stretching, hold the stretch for about 10 seconds. The more often you stretch, the easier it will become. Eventually, you will be able to hold each stretch for 30 seconds comfortably!*

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### **WEEK #4**

*It's almost over! Flexibility Challenge Bingo will end on <insert end date>. We can't wait to hear how you've become more flexible at work.*

*Don't forget to submit your Bingo card to <insert email address> and join us for a challenge celebration on <insert date & details>!*

*Will anyone be able to complete their Flexibility Challenge Bingo card?!*

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## Flexibility Challenge Bingo Card

B	I	N	G	O
Stand up every hour for 1 day	<a href="#">Neck Flexion and Extension</a>	Learn <a href="#">How to Get Started with Flexibility &amp; Stretching</a>	Use your rest break to take a brisk walk	Attend or view Lunch N' Learn on Flexibility
<a href="#">Standing Wrist/Bicep Stretch</a> on each side	<a href="#">Test your Lower Back Flexibility</a>	Take the stairs instead of the elevator	Pace while talking on the phone	<a href="#">Seated Hamstring Stretch</a>
Makeover your work space to be more <a href="#">ergonomic</a>	Try this <a href="#">Back Stretch</a>	<b>FREE SPACE</b>	Make a <a href="#">SMART goal</a> related to flexibility	Find a flexibility buddy to support you
Try this <a href="#">Chest Stretch</a>	<a href="#">Shoulder Blade Squeeze</a>	Schedule a stretch break every day for 1 week	Try a <a href="#">Deskercise</a>	<a href="#">Overhead Reach Side Bend</a>
Do a quick stretch break at your desk	Recruit a coworker or friend to join you for a walk	Try this <a href="#">Neck Stretch</a>	10-30 second <a href="#">Standing Triceps Stretch</a>	Test your <a href="#">Shoulder Flexibility</a>